



Mishawaka Communicator

Working together to build the "Best Hometown in America" by delivering exceptional services, promoting safe and clean neighborhoods, elevating the quality of life, and inspiring pride in our community.

Dave Wood, Mayor

www.mishawaka.in.gov

November 2015

A Letter from Mayor Dave Wood



In last month's letter, I talked about our plans to update our facilities to provide better, more efficient services. Some facilities we can and should renovate and some are simply not suitable or are not capable of accommodating the needs of our growing city. Such is the case with our Central Services facility on Cedar St. That 5-acre site, comprised of several buildings (about 50,000 square feet under roof), is jammed full of equipment and the structures are in poor condition. When I took office, plans were in place to add more buildings to the already crammed site that still would not meet the needs of the City. What's worse is that the site is surrounded by neighborhoods and our 24/7/365 operation is both busy and noisy. Quite frankly, the conditions at that site are embarrassing.

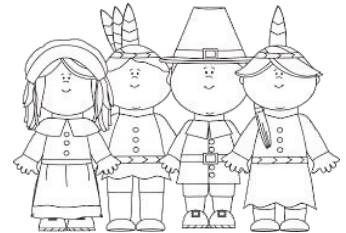
In 2012, I approached then Street Commissioner, Mike Watson, about the vacant, former Scott Brass building located at 700 Union Street and asked him what he thought about moving our operation rather than adding buildings not sufficient to meeting our needs on an inadequate site at a cost of several million dollars. He took the ball and ran with it. The City of Mishawaka purchased the 11-acre site, with a 145,000 square foot building as the future home of the Central Services Department and Sewer Maintenance Department. The original expectation was to be able to occupy the facility in late 2013 or early 2014.

Renovations to convert the former industrial building began shortly after the purchase; demolition of various industrial machining areas was the first step. This task was taken on by the Central Services Department. The initial demolition took 6-months to complete, during which time, the building inspections were performed for asbestos, lead and the removal of industrial waste left by the former owners.

Phase one of the project was the renovation of the existing offices, converting a former laboratory area into a break room/locker room, converting a machine shop area into a salt storage facility, and the renovation of existing restrooms. This was no small task as we ran into a multitude of plumbing and electrical issues pushing the schedule back approximately 8 months.

As work progressed well into 2014, a consultant was called in to design and finalize the remaining work to be done. In June of 2015 the second phase of the project was started. This phase included

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UPCOMING EVENTS!

- | | |
|-----------|---|
| Nov 11 | Veteran's Day
(City Offices Closed) |
| Nov 26-27 | Thanksgiving Holiday
(City Offices Closed) |
| Dec 4 | Santa's Arrival
(Downtown) |
| Dec 5 | WinterFest 5-8pm
(Merrifield Park) |
- ◇ Free Ice Skating
(weather permitting)
 - ◇ Refreshments
 - ◇ Live Nativity Scene / Petting Zoo
 - ◇ Bonfire
 - ◇ Outdoor Movie -
"The Muppet Christmas Carol" and "A Christmas Story"
 - ◇ Santa
 - ◇ Sleigh Rides/Wagon Rides
 - ◇ Kids Craft Tent

FAIR HOUSING TRAINING

Friday, November 13, 2015; 9am-11am
Mishawaka City Hall – Council Chambers

Topics will include:

- Fair Housing Regulations related to rental transactions
- Refusal to rent
- Terms and conditions
- Falsely denying availability
- Harassment / Intimidation / Coercion / Retaliation
- Advertising
- Reasonable accommodations / Reasonable modifications / Design and construction requirements

Conducted by Fair Housing Center of Central Indiana

**For further information or questions, contact the
City of Mishawaka
Department of Redevelopment
at (574) 258-1609.**

- | | |
|------------|--|
| Dec 24-25 | Christmas Holiday
(City Offices Closed) |
| Jan 1, '16 | New Year's Day
(City Offices Closed) |

ONLINE ACCESS



<http://mishawaka.in.gov>



<http://facebook.com/cityofmishawaka>



<http://mishawaka.in.gov/communicator>



<http://mishawaka.in.gov/parksandrecreation>

A Letter from Mayor Dave Wood *(continued)*

completing the remaining electrical, ventilation system, fire alarms, replacement of existing windows, cleaning, painting, building a fuel station, car wash area, as well as exterior landscaping and parking.

We can now say with confidence that we will be occupying the new facility in November of 2015. We plan to invite the public for a ribbon cutting ceremony and tours in early December.

This adaptive re-use of an industrial brownfield site was a success on many fronts. It makes great re-use of a vacant space in the center of our city and along our main corridor, it allows us to better and more efficiently serve the public, it allows us to service and protect the 2.5 million dollars worth of vehicles, equipment and assets under one roof and it meets the needs of our city in the twenty-first century. We accomplished this while saving a substantial amount of money that would have been required to build new facilities and renovate existing facilities on our current site. Speaking of that site, stay tuned for a future Communicator article where I will outline my vision for redevelopment opportunities there.

I am confident that this much needed facility, replacing our current facility built in 1963, will enable us to continue to provide "World Class Services" to the residents of Mishawaka well into the future. I would personally like to thank Jim Adkinson, Rick Simbeck, and Tim Ryan of the Mishawaka Central Services Department for their day-to-day commitment, dedication and hard work in making this project a success.

Mayor Dave Wood

Energy Saving Tips

An energy-efficient home will keep your family comfortable while saving you money. Whether you take simple steps or make larger investments to make your home more efficient, you'll see lower energy bills. Over time, the savings will typically pay for the cost of improvements and put money back in your pocket. The key is to take a whole-house approach.

Low Cost / No Cost Ways To Save Energy

- Install a programmable thermostat
- Turn off lights, tv's, computers when leaving a room
- Lower the water heater thermostat to 120°F
- Take short showers instead of baths
- Wash only full loads of dishes and clothes
- Plug home electronics into power strips that can be turned off when not in use
- Seal duct work
- Use ENERGY STAR® rated products

If you are in need of assistance this winter, you can reach a social services agency by calling 2-1-1.

Manage Stress This Holiday Season

Health Information from Saint Joseph Regional Medical Center

Stress affects most people in some way, especially during the busy holiday season. Shopping, hosting guests and all the running around can make you feel overloaded. And those feelings can continue after the gifts have been bought and the guests have departed. But you can learn to recognize when you're under stress and ways to reduce it in order to live happier and healthier.

Acute (sudden or short-term) stress leads to rapid changes throughout the body. Almost all body systems (the heart and blood vessels, immune system, lungs, digestive system, sensory organs and brain) gear up to meet perceived danger.

These stress responses could prove beneficial in a critical, life-or-death situation. Over time, however, repeated stressful situations put a strain on the body that may contribute to physical and psychological problems. Chronic (long-term) stress can have real health consequences and should be addressed like any other health concern.

Fortunately, research is showing that lifestyle changes and stress-reduction techniques can help people manage stress.

- **Physical activity** — The holidays are full of activity, but you need the physical kind. Aim for 150 minutes of aerobic activity per week.
- **Nutrition** — Copious amounts of rich holiday foods can put your body in a state of physical stress. Eat more fruits and vegetables (which can improve your health and well-being) and normal-size portions on a regular schedule.
- **Social support** — Lots of holiday gatherings can be stressful. Meet friends in non-holiday settings to help you feel less stressed.
- **Relaxation** — The holidays often leave little downtime to recharge. Try relaxation techniques such as guided imagery, listening to music or practicing yoga or meditation. Get 7 - 8 hours of sleep a night and do things that interest you.

Send your questions, comments, or concerns to communicator_feedback@mishawaka.in.gov